

The YMCA of Cecil County
For Social Responsibility For Youth Development For Healthy Living

HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

Fitness News: Sticking To a New Year's Resolution.

When making that New Year's resolution whether it is to lose weight, start back on your exercise plan, or start a new one always start in terms of small successes and take your goals seriously. It was found that 40 to 50 percent of Americans make resolutions each year and 40 to 46 percent of those who make them are **still** successful 6 months into the New Year, that is good news for you. Avoid vague goals and take your commitment seriously! Write down your resolution then break it down into smaller goals and make sure you celebrate your achievements. Include in your resolution, physical activity, since it can boost weight loss, improve your mood and actually give you more energy.



Nutrition is approximately **85%** of your ability for results whether you are wanting to lose weight, tone up or add muscle it is necessary that you implement a sound nutritional program to your resolution. This is where the benefit of belonging to the Y is important to you! Finding someone you can be accountable to, Personal Trainer, friend, Aerobic/Swim Instructor, someone that can help you stay on track even if you meet with them once a week. Sticking to and being successful to your New Year Resolutions for 2013 is not only **possible** but is proven overtime by others that **it can be done**. Thanks to you in advance for allowing the Y and its staff to be a part of your success in your New Year's resolution.

GROWING STRONGER—TOGETHER

From Janet Nelson, Aquatics Director

So much good is waiting for you in the pool! Ready for change? Take one day at time and try the pool.

DID YOU KNOW...

- 30 minutes of water walking = 2 hours of land walking
- Water resistance is 15x greater than land resistance without the strain on your joints.

(Facts provided by the Arthritis Foundation)

Not sure your "ready" for the pool? "I don't feel comfortable, everyone will be looking at me, what if I can't do it?" Stop giving the reasons for no more power than the one YES. Relax, take a deep breath and enjoy the water.

Everyone is welcome in the pool, no matter your size, swimming ability or confidence level. The only thing we ask is that you wear a swim suit. Street clothes fabric breaks down very quickly in the pool and can harm the filtration system. There are websites you can visit to look for a swimsuit just for you, www.swimoutlet.com, www.H2O.com and many others.

You've got the suit—now come on in...

Walking is always available in the splash pool or in a lap lane. Try on of our classes for cardio, strength and flexibility. Private swim lessons are a great choice to fine tune and really focus on your specific needs. Just get in!

From 6 months to 106 -

See you at the POOL!



Helping You Live Better



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA of Cecil County

25 YMCA Blvd
Elkton, MD 21901

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A newsletter for members and volunteers of the Y

George Patchell
Executive Director

I would like to take this opportunity to thank everyone who donated so generously during the Christmas season. Once again this year we placed a Scholarship Tree in our lobby area. The donations from this tree went directly to a child who is currently participating in our YMCA scholarship program, or to the scholarship fund.



I am proud to say, the scholarships for 2012 have surpassed \$168,000.

In addition, I would like to thank the YMCA staff and child care parents who participated in our holiday food/coat drive program.

In 2012, the state of the economy was the main topic of discussion. This was particularly true for non-profit organizations like the YMCA. However, it is important we continue to focus on our mission of serving the community, which is continuing to offer programs that build healthy mind, body, and spirit.

RELAX ENJOY INSPIRE



YOU BELONG AT THE Y

Our members are the foundation of the YMCA. Whether you are here to run, swim, dance, walk, meet friends, take a class, or bounce—take some time to enjoy your membership. With monthly free programs there is something for everyone in the family!

Try a new activity and tell us what you think! There are several ways to let us know:

1. Visit our website and complete the online survey.
2. Fill out a comment card in the lobby
3. "Like" us on Facebook
4. Stop by the desk and let us know!

Refer a friend to the Y to join and you will receive one month's free membership. Your name must be given at the time of the new members' registration.

The Y is Determined:

We are passionate about our quest to help others, and we devote our full strength and concentrated attention to our cause.

MAKING A DIFFERENCE

It's said the more things change, the more they stay the same. This is certainly true of the YMCA. Throughout the decades, social challenges have changed dramatically, and the needs of the community have relentlessly evolved. But the Y has always been there as a constant and reliable source of hope, support and inspiration.

The Y is Committed:

Through December 2012 The YMCA of Cecil County, Inc has returned over \$168,150 to the community in financial assistance.

BUILDING STRONG FOUNDATIONS

From Amy Sexton, Child Care Director

It has been a very busy school year only a few spots remain available in our full day and half day preschool. Enroll now to prepare your child for Kindergarten. Check out our free member programs for the Entire Family. Join us for Family Movie Night in February and a Family Sports Night in March!

It's time to start thinking about next school year. Enrollment for full day and half day preschool will begin in March for the 2012-13 School Year. Before & After School registration will begin April 1st for those already in our programs. Open enrollment will begin April 15th. Also, Summer Camp registration will begin March 1, 2013. Sign up early to ensure a spot. We will be offering many new specialty camps. Any questions or concerns please call Ms. Amy or Ms. Liz at the YMCA.

YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

The Youth Basketball Program is successfully under way. Please be aware that this is a large program consisting of 79 teams and over 750 children, which will utilize the entire gym every night of the week as well as Saturday mornings and afternoons.

The YMCA will offer Recreational Spring Basketball once again beginning in March. There will be a boys and girls division for grades 5-12. Teams practice and play at the YMCA on Sunday afternoons. Registration begins February 1st and practice/play begins in March.

The Men's Basketball program will be preparing for another high flying season, which will begin play in March. Please contact Ken "Buck" Coursey the Evening Facility Monitor for more information.

The YMCA is in the process of developing a Travel Team fitness program. This will be offered to boys and girls travel teams who are serious about improving player's strength, conditioning, and performance. You can never be too strong for any sport. This sports specific exercise program will be designed around your teams need! You name the sport, we will design the program! Baseball-Softball-Soccer-Basketball-Field Hockey-Volleyball.

Bounce Center & Family Game Room

Family Fun!

M-F 4:30-8:30pm
Saturday 9-8:30pm
Sunday 10:30-6:30pm



Special Reminders

January 2, 2013	YMCA Open New Classes Begin
January 2013	Free Member Programming Indoor Triathlon
Feb 8th	Family Movie Night
Feb 15th	Parent's Night Out
Feb 16th	Daytona Go-Kart Qualifying
Feb 17th	Teen Night Pool/DJ
March 29th	Good Friday YMCA Closed
March 31st	Easter Sunday YMCA Closed

The YMCA of Cecil County Summer Camp

Day Camp
Basketball Camp
Aqua Camp
Volleyball Camp
Hip Hop Camp
Arts & Crafts Camp
Fishing Camp
Baseball Camp
Softball Camp
Jewelry Making Camp

Sewing Camp
Let's Cook Camp
Football Camp
On-Stage Camp
Soccer Camp
Comic Book Camp
Cheerleading Camp
Outdoor Adventure Camp
Rocks & Rockets Camp
Claying Around Camp

Trip Camp
Write It! Camp
Fashion Camp
All Sports Camp
Dance Camp

Details
Feb 15th

*The Y is THE place to be—see you this summer!
Registration Begins March 1st—Don't miss the fun!!*